



FREMONT SENIOR CENTER

MARCH 2016 GAZETTE



Family Caregiver Education Series

Fremont Family Caregiver Support Program is offering a series of workshops designed to provide training, education, support, and resources for those caring for elderly loved ones.

Workshops will be offered in the Month of March at Fremont Senior Center All classes will be held from 10 a.m. to 12pm.

Schedule:

- 1. March 7: Communication Strategies
 - 2. March 14th: Taking Care of Yourself
 - 3. March 21st: Caregiving and Forgiveness
- Pre-registration is required. To register please call Fremont Senior Center at 510-790-6600. This program is available at no cost.



Sign up for AARP Free Tax Preparation at the Fremont Senior Center

Tuesdays and Thursdays Call the Senior Center for an appointment 510.790.6600.

Have a room to rent in Fremont, Newark or Union City?
Try HOME SHARING!

Come by the Fremont Senior Center on Thursday, March 3rd at 11am for a presentation on the new Home Sharing Program. Home Sharing reduces costs, promotes independence and provides companionship and security. This presentation is a great one for home owners and home seekers. Please sign up for this FREE presentation at the Fremont Senior Center office located at 40086 Paseo Padre Pkwy or by calling the office at 510.790.6600.



Transportation Resources Presentation

Do you have questions about:

- Transportation alternatives that are available if you no longer drive and cannot take public transit
- Using local public transit, including how to get and use a Clipper Card
- Renewing your driver's license and maintaining driving safety as you age?

Join us for this informative presentation, a Transportation Resources Specialist from the Tri-City Mobility Management Program will provide an overview of transportation services on Thursday, March 10 from 11am-12pm at the Fremont Senior Center located at 40086 Paseo Padre Pkwy. Please register for this Free presentation at the Fremont Senior Center Office or by calling 510.790.6600.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Help Line - Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2041
Senior Peer Counseling.....	574-2041
Caregiver Support Program.....	574-2041
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Fall Prevention Program.....	574-2087
Friendly Visitor Program.....	574-2097
Travel Escort Program (VIP Rides).....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
AL-ANON HOTLINE.....	276-2270
ALZHEIMER'S ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
ARTHRITIS FOUNDATION N. CALIFORNIA CHAPTER.....	1-800-464-6240
BACS ADULT DAY CARE CENTER.....	656-7742
CITYSERVE COMPASSION NETWORK.....	510-796-7378
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOUSING ASSISTANCE (FREMONT OFFICE OF HOUSING & REDEVELOPMENT).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	770-8133
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR CENTER WITHOUT WALLS.....	1-877-797-7299
SOCIAL SECURITY.....	1-800-772-1213
TRI-CITY ELDER COALITION...www.tceconline.org or.....	574-2030



March Birthday Party
Friday, March 11th
at 1:00pm
Entertainment by

The Magic Notes Trio Band!

Join us as we celebrate March Birthdays! After the performance, we'll enjoy birthday cake, ice cream, and coffee. Prizes will be awarded to September birthday celebrants. *Cake provided by Roses' Mortuary and special gifts by the Builders Fund, Garden Club and Hope Station. No Charge for dessert or entertainment so please come and enjoy!*

Memoir Writer's Workshop

What happens with your memories when you're gone?

Wednesday, March 30th 9:30-11AM

Join us for this free 90 minute workshop. Everyone has a story to tell, but if it isn't recorded somewhere, it will be lost forever. Learn how to capture your life so that future generations of your family will come to know you. Tell your story! Instructor will be Donna Wilson. Please register at the Fremont Senior Center Office or by calling 510.790.6600.



FREMONT SENIOR CENTER DAY TRIPS

THE DISNEY FAMILY MUSEUM

WEDNESDAY, MARCH 30TH

\$74.00 MEMBERS

\$84.00 NON MEMBERS

Spend a day in San Francisco at the Disney Family Museum discovering the life and achievements of the man who raised animation to an art and transformed the film industry. After the fun trip to the museum enjoy some time at Pier 39 for some lunch and shopping on your own or with some friends.

Many tickets still available!

FILOLI GARDENS, MAX'S CAFÉ & MUSEUM OF AMERICAN HERITAGE

WEDNESDAY, MAY 25TH

\$93.00 M

\$98.00 NM

Grab some friends and sign up for this fun filled day trip to Filoli for a guided tour of the house and garden. After the tour you'll enjoy a wonderful lunch at Max's Opera Café' and then head over to the Museum of American Heritage in Palo Alto. Don't wait too long, as this trip is filling up quickly.



Mark Your Calendars!

- Spring Lunch March 28th @ 12pm
- Seniors' Guide to Public Benefits Presentation March 31st @11am



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2050 or (510) 574-2040.